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MARCHING CALISTHENICS *and* FANCY STEPS

By GERTRUDE WILLIAMS-LUNDGREN

SECOND EDITION



PRICE, 50 CENTS

MARCHING CALISTHENICS AND FANCY STEPS

By

GERTRUDE WILLIAMS-LUNDGREN

Author of

Successful Drills and Marches
240 Breathing Exercises
Dances, Drills and Entertainments
450 Gymnastic Exercises Without Apparatus
A Simple Maypole Dance
Etc., Etc.

SECOND EDITION

PUBLISHED BY
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INTRODUCTION



IN the directing of physical training classes the introduction of fancy steps has been found by the author of this little book to be an invaluable adjunct.

In addition to being a recreation and diversion from the heavier work, they have proven a great factor in the production of grace and agility, and in the development and control of the body.

In all of the steps (unless otherwise stated) the hands should be placed on the hips with the fingers forward and thumbs toward the rear.

Be sure to stretch the ankles and point the toes downward. Nothing can be more ungraceful than fancy steps performed with the toes awkwardly turned up. Also avoid "toeing in."

The head should be held high and the chest up, so that the exercises will be of real benefit to the entire body.

GERTRUDE WILLIAMS-LUNEGREN.

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Marching Calisthenics and Fancy Steps

The following steps and marching calisthenics are done to a well marked march or 4-4 time. One step as described is continued until another command is given by the instructor.

- 1—March on tips of toes.
- 2—March on heels, turning the toes up.
- 3—Alternate exercises 1 and 2.
- 4—March, bending the knees, in stoop position.
- 5—March, raising left knee close to the body, toes pointed downward.
- 6—Same as exercise 5, only clapping the left knee with the left hand as the knee is raised.
- 7—March, raising each knee alternately close to the body.
- 8—March, alternately bending the knees, and then marching on tips of toes.
- 9—March, lifting the heels backward as high as possible.
- 10—March, lifting the feet forward before stepping each time.
- 11—Hop forward on both feet, bending the knees, and with heels together. (Alight on balls of feet.)
- 12—Hold left foot in the left hand and hop on right foot.
- 13—Same as exercise 12, only hold right foot in right hand and hop forward.
- 14—Same as 12 and 13, only hop backward.
- 15—March, swinging legs freely forward from the hips.
- 16—On 1 swing left leg freely forward.
On 2 swing left leg backward.
On 3 swing left leg forward again.
On 4 step forward with left foot.
Same, right.

- 17—March slowly without bending the knees.
- 18—March very slowly, tensing the muscles of the legs.
Note.—Lohengrin Wedding March is good music.
- 19—March, turning the toes in and heels out.
- 20—March, turning the toes out and heels in.
- 21—Alternate exercises 19 and 20.
- 22—March alternately on left toe—then on right heel—(then on left heel and then right toe).
- 23—Prison step. Class in line and each places her hands on the shoulders of the one marching in front of her so that the class resembles a line of prisoners. In this position all march, each raising left knee close to the body as she marches. (Point left toe down as it is raised.)
- 24—On 1 extend the arms straight in front, shoulder height, and at the same time jump to stride position with the feet far apart.
On 2 bring hands to chest and feet to position with heels together.
- 25—Same as exercise 24, only advance on 2.
- 26—Same as exercise 24, only retreat on 2.
- 27—March, placing one foot directly in front of the other.
- 28—Follow step.
On 1 step forward with left foot.
On 2 bring right toe quickly to left heel.
Same right.
- 29—Single touch step.
On 1 touch floor lightly diagonally forward to left side with left foot.
On 2 step forward with left foot.
Same with right foot.
- 30—Same as exercise 29, only raise the leg high on the second count as the foot is brought forward.
- 31—Same as exercise 30 and clap hands under the raised knee—first left knee, then right, continuously.
- 32—Same as exercise 29, bending the right knee as the left foot touches the floor on the first count, and then as the right foot touches the floor, bending the left knee.
- 33—Same as exercise 29, only touch foot to floor at the side instead of forward.

- 34—Same as exercise 29, only touch toe on floor backward instead of forward on first count.
- 35—Same as exercise 29, only touch toe to floor across in front of other foot on first count.
- 36—On 1 raise left leg very high (leg straight).
On 2 step forward with left foot.
Same with right foot.
- 37—On 1 touch the floor in front with left toe.
On 2 touch toe to left side.
On 3 touch forward again.
On 4 step forward with left foot.
Same with right foot.
- 38—Same as exercise 37, only combine with arm movements.
On 1 touch left toe forward, bringing arms forward, shoulder height.
On 2 touch left toe to left side and extend arms out at sides, shoulder height.
On 3 touch left toe forward and extend arms forward.
On 4 step forward with left foot with hands on the hips.
Same with right foot.
- 39—Same as exercise 38, only on fourth count instead of stepping, jump forward with hands on hips and heels together, and alight on balls of feet.
- 40—Same as exercise 38, only the direction of arm movements is reversed. When the foot is out at the left side the arms are parallel to right side, and when the foot is out at right side the arms are parallel to left side.
- 41—Same as exercise 38, only arms are straight overhead on 1.
On 2 arms are at sides, shoulder height.
On 3 arms are overhead.
On 4 hands on hips.
- 42—On 1 touch left toe forward.
On 2 touch left toe on floor in back.
On 3 touch floor in front with left toe.
On 4 step forward with left foot.

- 43—Same as exercise 42, only combine with arm movements.
On 1 extend arms parallel forward.
On 2 extend arms parallel overhead.
On 3 extend arms parallel forward.
On 4 hands on hips.
- 44—Same as 43, only extend arms out at the sides, shoulder height, on 1 and 3.
- 45—Same as exercise 43, only on one extend arms out at sides, shoulder height, with palms of hands down.
On 2 hands at chest with palms down.
On 3 arms parallel overhead, palms facing.
On 4 hands at chest.
- 46—On 1 touch the floor diagonally forward to left with left toe.
On 2 touch floor across in front of right foot with left foot.
On 3 same as 1.
On 4 step forward with left foot.
Same right.
- 47—Same as 46, only combine with different arm movements.
- 48—Same as 46, only on 1 cross left foot over right and touch floor.
On 2 touch floor diagonally forward with left toe.
On 3 same as 1.
On 4 step forward with left foot.
Same right.
- 49—On 1 touch floor directly at left side with left toe.
On 2 touch floor directly forward with left toe.
On 3 same as 1.
On 4 step.
Same right.
- 50—Combine exercise 48 with arm movements.
- 51—On 1 raise left knee close to body and point toe downward.
On 2 step forward with left foot.
Same with right foot.
- 52—With left foot in advance take four long slide steps diagonally forward to left side and then four slide steps to right side with right foot in advance.
- 53—Same as exercise 52, only the second four slide steps directly to front instead of diagonally.

- 54—4 slide steps diagonally forward to left side with left foot in advance.
4 slide steps directly forward, left foot in advance.
4 slide steps diagonally forward to right side with right foot in advance.
4 slide steps directly rear with left foot starting.
- 55—Same as exercises 51, 52, 53, with only two slide steps each time instead of four.
- 56—On 1 touch left heel to floor diagonally forward to left side, hopping on right foot.
On 2, left toe to right toe and at the same time hop on right foot.
On 3 touch left heel to floor diagonally forward to left side, hopping on right foot.
On 4, left toe to right heel, at the same time hopping on right foot.
Same right.
(This exercise should be done very quickly to "jig-time.")
- 57—Jump lightly on balls of feet, with feet extended out at sides on 1.
On 2 jump and bring heels together, advancing as feet are brought together.
- 58—Same as exercise 57, only retreat slightly as feet are brought together.
- 59—On 1 cross left foot forward over right foot and at same time hop on right foot.
On 2 cross left foot back of right foot and at the same time hop on right foot.
On 3 kick forward (high) with left foot and at the same time hop on right foot. (Point left toe downward.)
On 4 heels together.
Same right.
- 60—On 1 high forward kick with left foot and at the same time hop on right foot.
On 2 high forward kick with right foot and at the same time hop on left foot.
- 61—On 1 high kick with left foot directly out at left side, turning toe out at side and pointing downward, and at the same time hop on right foot.
On 2 same with right foot at right side.

- 62—On 1 cross left foot in back of right foot and change weight of body to left foot.
On 2 extend right foot out to right side and change weight to right foot.
On 3 cross left foot in front of right foot with weight on left foot.
On 4 extend right foot out at right side and kick.
Same, beginning with right foot.
- 63—Same as exercise 61, except that on 4 the arms are carried parallel across the body and as the right leg is raised at right side, the hands are pushed out at side, shoulder height.
- 64—Same as exercise 61, except that instead of the kick at the side, the knee is close to body, the leg flexed and the toe pointed downward.
- 65—Same as 63. This exercise may be done in couples. The pupil on the right side starting with left foot and the pupil on the left starting with the left foot. The two partners move away from each other. When they meet, instead of kicking, the knee is close to the body as in exercise 64 and the partners clasp each other's hands and then move from each other again.
- 66—On 1 touch left foot forward.
On 2 touch left foot to left side.
On 3 touch left foot forward.
On 4 heels together quickly by moving right foot up to left foot.
Same right.
- 67—Same as exercise 65, only touch floor in back on second count.
Same right.
- 68—Same as exercise 65, except that as rear foot is quickly carried to the other foot, the knee is bent so that it is up close to the body, and then lock heels.
- 69—Same as exercise 65, only kick with the rear foot, swinging it straight forward before locking the heels on fourth count.

Some Steps in Fancy Dancing

Music, 4-4 time.

1—Skirt dance.

- 1—Cross left foot in front of right foot with toe pointed downward and at the same time hop on right foot.
- 2—Hop on right foot and at the same time kick forward (high) with left foot.
- 3—Quickly cross right foot in front of left foot and at the same time hop on left foot.
- 4—Kick high with right foot and at the same time hop on left foot.

Note.—The difficulty in executing the above fancy step is in moving the foot across in front quickly enough on the third count. On the first and third counts advance slightly. This step may also be given retreating slightly instead of advancing.

2—Music, Skirt dance.

- 1—Kick high with left foot forward and at same time hop on right foot.
- 2—Kick high with right foot backward and at the same time hop on left foot.
- 3—Same alternating quickly—as left foot is brought down the right foot is kicked backward, etc.

3—Music, Skirt dance.

- 1—Hop on right foot and at the same time kick forward with left foot.
- 2—Repeat 1, (keep left foot out to front).
- 3—Hop on left foot and kick backward with right foot.
- 4—Repeat 3.

4—Music, Skirt dance.

- 1—Swing left leg forward freely from the hips.
- 2—Swing left leg backward.
- 3—Swing left leg forward.
- 4—Jump forward and alight on toes with heels together. Same right.

- 5—Music, "My Alamo Love," from "The Tenderfoot."
 1—Kick forward with left foot and bend left knee slightly.
 2—Touch floor with left foot across in front of right foot.
 Same right.
- 6—Music, "My Alamo Love," from "The Tenderfoot."
 1—Kick rear with right foot and at the same time curve the right arm gracefully overhead, and hop on left foot.
 2—Hop again as on 1.
 3—Kick forward with left foot, curving left arm overhead, swinging the arm down and hopping on right foot.
 4—Repeat 3.
- 7—Music, March from "The Tenderfoot."
 Hop 4 times forward on left foot with right leg extended straight in back.
 Hop 4 times forward right with right foot in advance and left leg extended straight to the rear. .
- When hopping on the left foot the left arm is curved overhead and when hopping on the right foot the right arm is curved overhead.
- Note.*—The foregoing exercise is very effective if the class stand in a circle and do this step with arm movements "grand right and left" around the circle.
- 8—Music, Skirt dance.
 1—Run 1 step with left foot.
 2—Run 1 step with right foot.
 3—Run 1 step with left foot.
 4—Run 1 step with right foot.
 5—Extend left leg quickly out at left side, bending the right knee with weight on right foot.
 6—Heels together.
 7—Same as 5, with right foot.
 8—Heels together.
- 9—Same as No. 8, with arm movements; right arm curved overhead as left foot is out at left side.
 Same right.
- 10—Music, "His Object All Sublime," from "The Mikado."
 1—Kick diagonally forward with left foot and at the same time hop on right foot.
 2—Bring left toe up to right knee.
 3—Same as 1.
 4—Same as 2.
 1—2—3—4—Four slide steps diagonally to left with left foot in advance.
 Same right.

11—Music, Skirt dance.

1—Hop on left foot, kicking right foot to rear.

2—Hop on right foot, kicking left foot to rear.

3—Same as 1.

4—Step forward with right foot and kick left forward.

Same starting with right foot.

12—Music, "Lauterbach Waltzes."

1—Hop twice on right foot with left foot forward.

2—Hop twice on left foot with right foot to the rear.

Bend the body well forward as the left foot touches the floor.

13—Music, "Sailor's Hornpipe."

1—Hop on right foot and at the same time extend the left foot diagonally forward, (left heel on the floor, toe up, and hands extended down near floor in front of the body.)

2—Back to position with heels together and hands at chest, body straight; (movement is like a rowing exercise).

Same, starting with right foot.

14—Music, Skirt dance.

1—Kick forward with left foot.

2—As left foot is lowered to floor, kick forward with right foot.

3—As right foot is lowered, kick backward with left foot.

4—As left foot is lowered, kick backward with right foot.

15—Music, "Navajo."

1—Kick high with left foot.

2—Return to position with heels together.

3—Kick high with right foot.

4—Return to position.

5—Step forward with left foot, (short step).

6—Step forward with right foot.

7—Step backward with left foot.

8—Step backward with right foot.

16—Music, "Laces and Graces."

1—Step diagonally forward with left foot and look backward and down at right foot.

2—Close right heel up to left heel, still looking down backward.

3—Step diagonally rear right with right foot with head turned forward and toward left, looking down at left foot.

4—Close left heel back to right heel with eyes still directed on left foot.

5—6—7—Three slide steps diagonally forward left with left foot in advance.

8—Flex right knee up close to body and extend leg forward with toe pointing downward.

Same, starting right.

Do this much of the exercise twice alternating with each foot and then the music changes to very marked time.

1—Stamp hard with left foot diagonally forward, left.

2—Return to position.

3—Stamp hard with right foot diagonally forward, right.

4—Return to position.

5—6—7—8—Four long slide steps diagonally forward, left.

Same, starting with right foot.

This part of the exercise is also done twice with each foot alternately.

17—Same as 16, except that on 1 curve left arm overhead.

On 2 hold arms in position.

On 3 same, curve right arm overhead.

On 4 hold arms in position.

5—6—7—Same, both arms curved overhead, or hands on hips.

WALTZ TIME

Is used for the following steps:

1—1—Touch the floor in front with left toe, swinging arms upward and outward and downward, the outside edges of the hands meeting down near the floor in front of the body. Body bent well forward as the toe touches the floor.

2—Touch left toe to left side, body erect, head up, eyes looking up at the hands which are brought outward and upward at the sides until the finger tips meet overhead. (The arms are curved in this movement.)

3—Same as 1.

4—Step forward with hands on hips.

2—Same as exercise 1, except that the foot is extended forward on 1, backward on 2, forward on 3, and step on 4.

3—Same as exercise 1, except that on the 4th count hop forward with heels together.

4—Same as exercise 2, except that on the 4th count, hop forward, keeping heels together.

5—Same as exercise 2, only foot sidewise on 1, forward on 2, side-wise on 3, step on 4.

- 6—1—Hop diagonally forward on right foot during one measure of waltz time. On 3rd beat hop again on the same foot.
- 2—Hop back on left foot, flexing the right leg and flexing the right knee up close to the body with toe pointed down. On the 3rd beat, hop again on left foot with right foot still in the same position. Continue with the right foot in front and advance slightly each time with the right foot.
- 7—Music, "Carmencita Waltz."
- 1—Kick diagonally forward with left foot and at the same time hop on right foot, first extending left leg and then flexing it, toe down. On 3rd beat, hop again on right foot.
- 2—Balance step, starting with left foot.
- 3—Draw step diagonally backward, beginning with right foot.
- 4—Draw step again backward, beginning with right foot.
- Same right.
(4 measures of waltz time required for this exercise.)
- 8—Draw step.
- 1—Step out to right side with right foot.
- 2—Draw left foot up to right foot with the left toe touching the floor and the heel raised. Look down at left foot as it is brought to right foot.
- 9—Music, "Rock-a-bye Baby" Waltz.
- 1—Balance step directly out at left side, bringing arms down across body parallel and out at left side, shoulder height.
- 2—Same as exercise 1, to right side.
- 3—4—Walk two steps forward, starting with left foot, and arms crossed on chest.
- 10—1—Hop diagonally forward on right foot and hold until the 3rd beat in measure and then hop again.
- 2—Hop on left foot diagonally rear and at the same time flex the right leg. On the 3rd beat hop again on left foot.
- 11—Same as exercise 10, only combine the movement with arm movements. Extend arms forward as though swimming as rear foot touches the floor, and as the left foot touches the floor, flex arms back to the chest.
- 12—Same as exercise 11, except that the arms execute a rowing motion.
- 13—Same as exercise 11, except that the arms and hands pull an imaginary rope.

14—Music, any good March.

1—Step forward with left foot.

2—Step forward with right foot.

3—Step with left foot back of right foot.

4—Step backward with right foot back of left foot.

5—6—7—Touch floor lightly with left toe diagonally forward, left, three times.

8—Step forward with left foot.

Same, starting with right foot.

The foregoing exercise requires 8 measures of waltz time.

15—1—Charge diagonally forward with left foot, bending left knee and with weight on the left foot.

2—Sway backward on right foot, changing the weight to right foot but not changing the position of the feet.

3—Balance step once forward with left foot in advance.

4—Balance step backward, starting with right foot.

(4 measures of waltz time required.)

16—Music, "Violet Song," from "The Prince of Pilsen."

1—Charge diagonally forward, left foot.

2—Sway backward on right foot.

3—Balance step forward, starting with left foot.

4—Hop back on right foot, raising the left knee close to the body and pointing left toe downward.

(4 measures of waltz time required.)

17—Balance step.

1—Step forward with left foot.

2—Move right foot forward to left foot with heels together and heels raised.

3—Lower the heels.

Same with right foot.

18—Music, "Carmencita Waltz" (slowly).

1—Hop forward on left foot.

2—Move right foot to left foot.

3—Hop on right foot without changing its position and at the same time cross left foot over in front of right foot and extend it straight forward.

19—Same as exercise 18, except that on the 3rd count the left leg should be flexed instead of being straight.

- 20—Spanish step.
 1—Step left foot out at left side.
 2—Cross right foot in front of left foot and rise on toes.
 3—Lower heels.
 Same, right.
- 21—1—Hop to left side with left foot.
 2—Cross right foot over in front of left foot, flexing right leg slightly and pointing toe downward.
 3—Hop again on left foot with right foot still in the same position.
 Same, right.
- 22—Same as exercise 20, except that the body is bent to right side as the foot is brought to the left side, and reverse.
- 23—Same as exercise 22, except that the left arm is circled overhead as the body is bent toward right side.
- 24—Music, "Violet Song," from "The Prince of Pilsen."
 1—Charge diagonally forward on left foot.
 2—Sway backward, changing the weight to the right foot.
 3—Balance step forward, starting with left foot.
 4—Hop back on right foot, raising the left knee close to the body and pointing toe downward.
- 25—Music, "Peaceable Party," from "The Tenderfoot."
 1—2—Balance step twice (quickly), turning around twice, left foot in advance.
 3—Balance step forward with left foot in advance.
 4—Balance step backward.
 5—6—7—8—Walk four steps, starting with left foot.
- 26—1—Kick high with left foot.
 2—Kick high with right foot.
 3—Balance step, starting with right foot.
 4—Balance step, starting with left foot.
- 27—Music, "Carmencita Waltz."
 Same as exercise 7, except that as the left leg is flexed in the first movement it is swung out and around, and at the same time turn the body one half about and continue the exercise in that direction.
 Same, starting right.
- 28—Combine exercise 7 or exercise 27 with any graceful arm movements. Pretend there are castagnets in the hands.
 Waltz time.

29—1—Stride standing position with left foot out at left side and on the 3rd beat carry the right foot quickly in back and across the left foot.

2—Quickly stride step to left side with left foot and hold in this position during 2nd and 3rd beats.

3—Step forward with right foot, (1 measure).

4—Same, left.

Same, right.

(4 measures of waltz time required.)

REDOWA TIME

Is used for all of the following steps:

1—Double touch step.

1—Touch floor diagonally forward with left toe.

2—Same as 1.

3—Step forward with left foot.

Same exercise with right foot.

2—Same as exercise 1, except that the leg is raised before the foot touches the floor on 1 and 2.

3—Same as exercise 1, except that the right knee is bent as left foot is brought up on 1 and 2.

Same with right foot.

4—1—Touch floor in front of left toe.

2—Touch floor to left side with left toe.

3—Step forward with left foot.

Same, right.

5—Same as exercise 4, except that the left toe touches the floor in back instead of at the side on 2.

Same, right.

6—Same as exercise 4, except that the left toe touches floor at the left side on 1, then forward on 2, and step on 3.

7—Same as exercise 4, except that on

1—Touch toe backward.

2—Touch toe sidewise.

3—Step forward.

8—1—Touch toe diagonally forward left.

2—Touch left toe across in front of right foot.

3—Step forward with left foot.

- 9—Combine arm movements with these steps. Move arms in same direction as the feet, and reverse the movements.
- 10—Balance Step.—The balance step is a slow waltz step.
- 1—Step forward left with weight on left foot.
 - 2—Move right foot to left foot with heels together and raised.
 - 3—Lower the heels.
- Same, right.
- 11—Same as exercise 10, except start with a long slide step on the first count each time.
- 12—Cross balance step.
- 1—Step forward left with weight on the left foot.
 - 2—Extend right foot across in front of left foot so that the toes are beside each other, heels raised.
 - 3—Lower heels.
- Same, right.
- 13—Same as exercise 12, only step backward on 1.
- 14—Same as exercise 12, only combine with arm movements.
- On 1, swing arms down parallel across the body toward the left side until they are overhead, and at the same time turn head and look down at floor on right side, bending the body toward the right side. (In lowering the arms and raising them, allow the wrists to lead.) Then swing arms across body and up at the right side as the right foot is extended at right side, and look down at left side, with body inclined toward the left.
- 15—Place the hands on the shoulders of the pupil in front, thus forming a line of pupils, and in this position take the balance step, (exercise 10) and cross balance step (exercise 12). Bend body toward the left side as the step is taken to the left and to the right side as the step is taken toward the right side. The leader's hands should be on her hips.
- 16—1—Long hop step diagonally forward with left foot.
- 2—Close right heel up to left heel.
 - 3—Hop on right foot and at the same time flex the left leg, raising the left foot up in front of right knee, toe down.
- Continue, starting each time with left foot.
- 17—Greyhound step.
- 1—Step forward with left foot.
 - 2—Right leg raised straight forward.
 - 3—Flex right leg with right toe in front of left knee, the knee forward instead of close to the body, and toe pointed downward.

- 18—Same as exercise 17, only turn the toe up on 2 and 3 instead of down.
- 19—1—Long slide step diagonally forward with left foot.
2—Long slide step diagonally forward with left foot.
3—Long slide step diagonally forward with left foot.
4—Long slide step diagonally forward with left foot.
5—With weight of body still on left foot, extend the right leg out diagonally forward toward right side, with toe pointed down.
6—Flex the right leg until right foot is in front of the left knee. Same, starting with right foot.
(2 measures of Redowa music required.)
- 20—Balance step, (exercise 10). On the 3rd beat hop forward with heels together.
- 21—Rocking step.
1—Step forward with left foot.
2—Rock back on right foot, changing weight of body to the right foot, but not changing the position of the feet.
3—Step forward with left foot.
Same, right.
- 22—1—Touch floor in front with left toe.
2—Touch floor to left side with left toe.
3—Touch floor forward with left toe.
4—5—6—Greyhound step, (exercise 17).
Same, right side.
- 23—Music, two measures of slow Redowa time.
1—Touch floor with left toe at left side.
2—Touch floor in front with left toe.
3—Touch floor in back with left toe.
1—2—3—Greyhound step, (exercise 17).
Same, right side.
- 24—1—Stride step diagonally forward with left foot.
2—Bring right heel to left heel.
3—Hop on right foot and at the same time kick forward with left foot and quickly bring it in front of right knee with toe pointed downward.
Continue, starting each time with the left foot.

POLKA TIME

Is required for all of the following steps:

- 1—Polka step consists of three running steps, starting with the left foot, then a little hitch step, followed by three short running steps, starting with the right foot.
- 2—1—Long slide step to front with left foot.
2—Same as 1.
1—2—3—Polka step.
Same, right.
- 3—Same as exercise 2, only take a long slide step directly out at left side instead of forward and then polka forward.
- 4—Same as exercise 2, except that on
1—Long slide step with left foot directly out at left side.
2—Same with right foot out at right side.
1—2—3—Polka step forward, begin left.
Same, right.
- 5—Same as exercise 2, only on
1—Long slide step to the rear with left foot.
2—Same with right foot.
1—2—3—Polka step forward, begin left.
Same, right.
- 6—1—Long slide step diagonally forward with left foot.
2—Same diagonally rear with right foot.
1—2—3—Polka step forward, begin left.
Same, right.
- 7—1—Long slide step diagonally to the rear with left foot.
2—Long slide step diagonally forward toward the right.
1—2—3—Polka step, beginning with left foot forward.
- 8—Polka step, extending the arms alternately overhead.
- 9—Double Polka step.
1—Cross left foot in front of right leg.
2—Touch left toe out at left side.
1—2—3—Polka step.
Same, right.

- 10—1—Charge diagonally forward with left foot.
2—Sway backward on right foot.
1—2—3—Three short hops diagonally forward with left foot in advance.
Same, right.
- 11—Same as exercise 10, only charge diagonally to rear with left foot and sway forward.
- 12—1—Cross left foot over in front of right foot.
2—Charge diagonally forward with the left foot.
1—2—3—Three short hops diagonally forward left.
Same, right.
- 13—1—Charge directly out to left side with left foot.
2—Heels together.
1—Step left forward.
2—Close right heel to left heel.
3—Hold in this position.
Same, right.
- 14—1—Slide left foot out at left side.
2—Touch left toe in front.
1—2—3—Polka step.
Same, right.
- 15—Music, “My Alamo Love,” from “The Tenderfoot.”
1—Kick left foot forward, then down.
2—Same, right foot.
1—2—3—Three short hops backward on the right foot with the left leg extended straight toward the front, toe pointed downward.
- 16—1—Step forward with left foot.
2—Pivot on toes and turn one-half way around.
1—2—3—Polka step in this new direction.
- 17—Heel and Toe Polka.
1—Touch left heel to floor in front, turning toe up.
2—Touch left toe to rear.
1—2—3—Polka step forward.
Same, right.
- 18—1—Kick high with left foot.
2—Same, right.
1—2—3—Polka step forward.

- 19—1—Left knee raised up close to the body with toe pointed down.
2—Same, right.
1—2—3—Polka step forward.
- 20—1—Step forward with left foot.
2—Close right heel to the left heel. Walk four quick short steps, starting with left foot.
- 21—Music, “Narcissus.”
1—Long slide step diagonally forward toward the left with left foot in advance and close right heel to left heel.
2—Same as 1.
1—2—3—Three short slide steps in the same direction, and on 3 extend the right leg diagonally forward and then flex it, the right toe in front of the left knee.
Same toward the right side.
- 22—Music, March: “Tell Me, Pretty Maiden,” (“Floradora”).
1—Step left.
2—Step right.
3—Step left.
4—Short hitch step with the right foot and change the weight quickly to the left foot, and start the same exercise, starting with the right foot.
- 23—Same as exercise 22, except that the first three steps are very long and the knees are bent alternately.
- 24—1—Step directly to left with left foot and raise right foot up in back of left foot.
2—Same, right.
1—2—3—4—Hop four times diagonally forward, right, with left leg extended straight backward.
Same, right.
- 25—Music, Polka time, very slowly.
1—Charge diagonally forward, left.
2—Move left foot across in back of right foot until the left knee touches the floor in back of right foot.
1—2—3—Polka step.
Same, right.
- 26—Same as exercise 25, only hop three times diagonally forward instead of polka step.

27—Crow walk.

Starting position: Stoop low and reach around outside of the feet and grasp the heels and hold them firmly. Then

1—Step forward with left foot.

2—Same, right foot.

1—2—3—Hop forward three times, keeping heels together.

Same, right.

28—1—Step diagonally forward with left foot.

2—Move right heel up to left heel.

3—Step diagonally back with right foot.

4—Move left heel back to right heel.

1—2—3—Three slide steps diagonally forward, left, bringing the right foot up to the left foot each time.

Same, right.

29—1—2—3—Three short running steps forward, beginning with left foot.

4—Touch right toe diagonally forward, raising arms parallel overhead.

5—Touch right toe backward, bending the body forward and touching the floor with finger tips.

Same, right.

30—Heel and Toe Polka, (exercise 17). As the heel is brought forward, bend the body backward and clasp hands in back of head. As the toe touches the floor in back, bend the body forward, keeping the head up and hands on hips.

31—1—Touch left toe forward and return very quickly to right foot.

2—Same with right foot.

1—2—3—Polka step.

32—Polka step, raising foot high on 1st count each time.

33—Polka step forward 4 times and then on 1, right foot forward.

On 2, rise on toes and turn half about, and polka in new direction 3 times.

Repeat.

Marching Calisthenics Combined with Dumbbell Exercises

- 1—March, and at the same time strike the bells (little finger ends) together down in back of the body as the left foot touches the floor.
- 2—Same as exercise 1, only strike bells together as right foot touches the floor.
- 3—March slowly and strike bells together (thumb ends) overhead as left foot touches the floor.
- 4—Alternate exercise 1 and exercise 3.
- 5—Music, Redowa.
Balance step, striking the bells (little finger ends) behind the body as the heels are raised on the second count.
- 6—Music, March.
Follow step, striking bells (little finger ends) behind the body on the first count.
- 8—Music, March.
Single touch step, striking bells behind body as the foot touches the floor on 1.
- 9—March time.
 - 1—Touch left foot forward and strike bells (thumb ends) forward, shoulder height.
 - 2—Touch left toe to left side and extend bells at the sides, shoulder height.
 - 3—Same as 1.
 - 4—Step forward with left foot and place hands on hips.
Same, right.

10—Polka step, striking bells together (little finger ends) behind the body on 1.

11—Heel and toe polka, striking bells together (little finger ends) behind body as heel touches floor in front.

12—March time.

Two slide steps diagonally forward toward the left and strike the bells together (little finger ends) in back of body on 1.

Same, right.

13—Same as exercise 12, only take four slide steps instead of two.

14—1—Fling left foot diagonally forward toward the left, touching the floor with the toe and raising the left bell straight overhead.

2—Left foot moved back diagonally towards right foot, the toe touching the floor and the left bell lowered to the left side.

3—Same as 1.

4—Step forward, left.

Same exercise to the right.

15—Waltz Music.

1—Touch floor in front with left toe and strike bells (thumb ends) in front of body, shoulder height.

2—Left toe out at left side touching floor, and the bells out at sides, shoulder height.

3—Touch left toe forward and strike the bells (thumb ends) overhead.

4—Step forward with left foot and place bells on hips.

Same, right.

16—Waltz music.

Same as exercise 15, ending with a hop on 4 instead of a step.

17—March, with same arm movements as exercise 15.

18—Polka time.

1—Charge diagonally forward with left foot and strike bells together (thumb ends) under left knee.

2—Heels together and bells on hips.

1—2—3—Three short running steps.

Same, right.

19—Polka time.

1—Charge forward with left foot and extend bells straight overhead.

2—Sway backward, changing the weight of the body to right foot and bending right knee, and strike the bells (thumb ends) under the left knee.

1—2—3—Polka step, starting with left foot.

Same, right.

20—Polka time.

1—Touch left toe forward and raise the right bell straight overhead.

2—Heels together and bells down at sides.

3—Touch right toe forward and raise the left bell overhead.

4—Heels together and bells at sides.

1—2—3—Polka step with bells on hips.

Same, right.

21—Music, Polka time.

1—Raise left bell out straight at left side, shoulder height, then down.

2—Same, right.

1—2—3—Polka step with bells on hips.

22—Same as exercise 21, only touch left toe out at left side and return on 1.

On 2 same, right and then polka step.

23—Same as exercise 21, only touch floor at right side with right foot as the left arm is raised, and left foot out at left side as the right arm is raised.

24—1—Touch left toe diagonally forward and swing the bells diagonally upward to left side overhead.

2—Touch left toe across right foot and extend the bells parallel down across in front of the body to right side.

3—Same as 1.

4—Step forward left with bells on hips.

Same, right.

25—Same as exercise 24, only cross the left foot over in front of right foot on 1, and then forward.

- 26—1—Touch left toe forward and carry bells up under the arms.
2—Heels together and bells down at the sides.
1—2—3—Polka step with bells on hips.
- 27—1—Step diagonally forward left with left foot and at the same time strike bells (little finger ends) behind the body.
2—Move right heel up to left heel and bells down at sides.
1—2—3—Hop diagonally forward left three times.
Same, right.
- 28—March, and at the same time, on
1—Strike bells forward, shoulder height (thumb ends).
2—Extend bells at sides, shoulder height.
3—Same as 1.
4—Bells down at sides.
- 29—Music, Redowa.
Cross balance step, and on the second count, carry bells parallel across the body and upward to left side and overhead, and look down at the floor over the right shoulder.
Same, right.
- 30—Music—March time.
1—Hop to stride position with feet apart and bells out at sides, shoulder height.
2—Heels together with a hop and strike bells together (thumb ends) in front of body, arms straight.
1—2—3—Hop forward three times with heels together and bells on hips.
- 31—Music, Waltz time.
1—Touch left toe forward and swing the bells up overhead (almost touching the body as they are carried close together overhead) and out at sides and down low in front of the body, with a circular motion (little finger ends striking) and at same time bend the body well forward.
2—Touch left toe out at left side and swing the bells out at sides and up overhead with a circular movement until the thumb ends strike overhead. The head up, body erect and eyes directed to bells overhead.
3—Same as 1.
4—Step forward with left foot, bells on hips.
Same, right.

32—Music, Waltz time.

Same as exercise 31, only end with a hop forward, with heels together instead of a step.

33—Music, Polka time.

Heel and toe polka with arm movements.

1—Left bell to chest and the right bell out at right side, shoulder height.

2—Right bell to chest and the left bell out at left side, shoulder height.

1—2—3—Bells to hips.

34—Music, March time.

March and at the same time twist the bells backward with hands down at sides.

35—Same out at sides, bells shoulder height.

36—Same as exercise 34, only bells overhead.

37—Same as exercise 34, only bells forward, shoulder height.

38—Combine exercises 34, 35, 36, 37, doing them alternately, first down at sides, then out at sides, then overhead and then forward.



Couple Dances

I.

Music—"Narcissus," (first part).

Partners join inside hands high.

1—2—Each partner takes one step to side, away from the other and close heels (inside foot close to outside foot).

3—4—Same towards each other with inside foot starting.

1—2—3—Walk forward 3 slow steps, outside foot starting.

4—Point and touch inside foot forward and at the same time, raise arms high and peek at partner back over shoulder.

Repeat all, starting with inside foot, toward partner, and on the 4th count, (after walking 3 steps), swing arms down and backward, bend body forward and peek at partner. Then

1—Step forward with outside foot.

2—Touch across with inside foot.

3—Repeat 1.

4—Repeat 2.

Face partner, joining both hands and slide sideways 3 slides and courtesy on 4.

1—2—3—4—Slow pirouette away from partners.

II.

Music—"Yankee Doodle."

Partners inside hands joined high.

1—Each, one step forward with outside foot.

2—Kick inside foot across in front.

3—Repeat 1 with inside foot.

4—Repeat 2 with outside foot.

1—2—3—Three short steps forward.

4—Jump with heels together.

1—2—3—4—Repeat, 3 short steps, starting with opposite foot.

Join inside hands and face partner and slide four slide steps forward, then back to back, slide four steps in the same direction, (around the room). Face partner and slide 4 steps forward again, and then take partner's two hands and lean back and swing around.

Note.—This step may be ended with "wringing the dishrag," if desired.

III.

Music—Any Barn Dance Music.

Step 1.

Partners inside hands joined.

1—Step forward, outside foot.

2—Step forward, inside foot.

3—Same as 1.

4—Hop on outside foot and kick forward with inside foot.

5—6—7—8—Repeat all, starting with oppsite foot and continue to end of strain.

9 to 32.

Step 2.

1 to 8—Same as in Step 1.

9—Leap forward on outside foot.

10—Hop again on outside foot.

11—Leap back on inside foot.

12—Hop again on inside foot, with outside leg flexed.

13 to 15—Same as 9 to 11.

16—Hop on outside foot and kick inside foot forward turning one-half turn towards outside.

17 to 32—Same as 1 to 16, but in opposite direction and turn in opposite direction on 32.

IV.

Music—"Comin' Through the Rye," (Quick time).

Partners with inside hands joined.

1—Step forward with outside foot.

2—Step forward with inside foot.

3—Step forward with outside foot.

4—Turn one-half about and point forward with free foot.

Repeat 1 to 4 in this new direction and end, facing partner with all hands joined.

1—2—Step sideways with forward foot, and touch across with the other foot.

3—4—Same, opposite.

Repeat 1 to 4.

Then step and kick throw 4 times instead of touch across.

Then slide step sideways in line of direction, 4 slides.

Stamp and hold (one beat).

Stamp other foot and hold (one beat).

Repeat all.

V.

Music—Any good Mazurka.

Partners facing and joining both hands, move in line of direction.

1—Step side.

2—Cross rear.

3—Step and turn one-half about and point with opposite foot (arms straight and point down at pointed toe, with the body bent forward).

Same mazurka step in opposite direction.

Repeat all to each side.

Face front and join only inside hands and mazurka step forward, starting with inside foot. Step forward with inside foot and touch point with outside foot, (quickly).

Step forward with outside foot and touch point with inside foot, (quickly).

Mazurka forward, starting with inside foot. Step forward with outside foot and touch point with inside foot. Step forward with inside foot and touch point with outside foot.

Repeat all.

VI.

Music—Any good Schottische.

Partners all face one way and join crossed hands.

1—2—3—Run forward 3 steps, starting with outside foot.

4—Kick with free foot.

5 to 8—Repeat, starting with inside foot.

1—Step forward with outside foot.

2—Kick forward with inside foot.

3—Repeat 1.

4—Repeat 2.

Repeat all.

Then face partners (hands on hips) and do the same whole step, each moving to the right, and then to the left.

Then join right hands high and slide-walk-step around in place.

Repeat this whole second part.

Repeat all continuously.

VII.

Music—"Every Little Movement Has a Meaning All Its Own."

Partners join inside hands.

Each step forward with inside foot and kick forward with outside foot.

Step forward with outside foot and kick forward with inside foot.

Repeat all to opposite side.

Then walk backward 3 steps and lock heels on 4 and hold.

Same, forward.

Then two alternate kick throws and each polka sideways, one partner in front of the other.

Repeat to opposite direction.

Walk backward 3 steps and lock heels on 4.

Repeat, moving forward.

Two alternate kicks and go back to places.

Then 1, 2, 3, kick forward twice alternately.

Pirouette away from each other.

VIII.

Music—"Humoresque."

Partners with inside hands joined.

1 to 8—"Single touch" step forward four times, alternately.

9 to 16—Four slide steps away from each other, (hands on hips),
and four slides toward each other.

Face partners and join hands and 1 step slide in line of direction,
(bending body opposite).

2—Close heels (bending body opposite).

3—4—Slide to opposite direction and close heels.

5 to 8—Repeat 1 to 4.

9 to 12—Walk forward slowly 3 steps.

13 to 16—Courtesy deeply.

Continue all.

IX.

- 1—The following exercise is performed in couples whose hands (inside) are joined overhead—arms straight, with outside hands on hips.

Music—Redowa time.

Each partner starts with the outside foot and takes three slow steps, 1—2—3. On 4—5—6 extend the inside foot (toe pointed and touching floor).

- 2—Each partner turns one-half way around and again joins the hand inside with her partner's.

March again three steps, 1—2—3, starting with outside foot, and extend the inside foot to floor in front during 4—5—6.

- 3—Still hold partner's hand and without turning about this time, march backward three slow steps, 1—2—3, starting with the inside foot.

On 4—5—6 the outside foot is extended forward with toe pointed downward, and the body bent slightly forward and the partners peek at each other in front of their upraised arms.

- 4—Cross inside foot in front of the other foot, rise on toes and turn completely around, 1—2—3, so that the partners face each other again. On 4, 5 and 6, make one low courtesy to partner with hand on heart.

(Music required: 8 measures of any slow Redowa time.)

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